

MOVE OR BUST



VS.



For those of you that love a little competition or are looking for the motivation to remain or get fit this late fall, we have been invited to take on St. Louis County in a **City vs. County Move or Bust** activity challenge!

What: A **Six Week City vs. County** and **solo** effort fitness challenge based on total exercise minutes per team member. **Note:** City participants will be one big team competing against the County but will also have the chance to compete weekly against each other for prizes.

When: Starting **September 21st** and ending **November 1st**

Why: To help stay motivated, have some fun and have the chance to win prizes including a t-shirt for all City participants for a win against the County!

How: **Sign up today** by linking <https://www.dailyendorphin.com/de/signup/join/group/1887/5fcc10> and join the 6-week team-based group fitness challenge. Please feel free to forward the original invitation link to all others that wish to join the challenge. All physical activities count. The key is to do the exercise(s) of your choice and do them as often and consistently as possible!

About Daily Endorphin:

Daily Endorphin is a web-based module for creating and tracking wellness challenges. If you have not signed up for Daily Endorphin yet, please use the link above to create your user profile and sign up for this City vs. County Challenge. If you have registered a profile, click on the "Join the Move or Bust Challenge" and join the City team.

USER FAQs: http://www.dailyendorphin.com/user_faq/

Download the app for Daily Endorphin at:

<https://itunes.apple.com/us/app/dailyendorphin/id839623587>

or

<https://play.google.com/store/search?q=DailyEndorphin>

